



**PSHE CURRICULUM OVERVIEW**

**2024/2025**

**EYFS**

AUTUMN TERM	SPRING TERM	SUMMER TERM
<p><b>Making relationships</b> Turn taking, communicating appropriately, identifying important people (friends/family)</p> <p><b>Managing self</b> Understanding of rules and following rules independently. Awareness of healthy and unhealthy.</p>	<p><b>Making relationships</b> Continues to develop a wider awareness of their own feelings, such as 'jealous', 'worried' and 'frightened'; Begin to understand their actions have a consequence</p> <p><b>Managing self</b> Developing a 'can do' attitude in line with the school's 'I can't do it yet' growth mind-set and Golden Goals of resilience.</p>	<p><b>Making relationships</b> Responds appropriately to a wider range of feelings; beings to regulate their own feelings; shows sensitivity to the needs of others</p> <p><b>Managing self</b> Confident to try new activities, shows independence and resilience, plays cooperatively with others, knows the importance of healthy food choices; manages basic personal hygiene</p>

**CYCLE A**

**KS1**

AUTUMN TERM <i>Relationships</i>	SPRING TERM <i>Living in the wider world</i>	SUMMER TERM <i>Health and Wellbeing</i>
<p><b>Families and friendships</b>-Role of different people; families; feelings care for</p> <p><b>Safe relationships</b>- Recognising privacy; staying safe; seeking permission.</p> <p><b>Respecting ourselves and others</b>- How behaviour affects other; being polite and respectful</p>	<p><b>Belonging to a Community</b>- What rules are; caring for others' needs; looking after the environment</p> <p><b>Media literacy and digital resilience</b>- Using the internet and digital devices; communicating online</p> <p><b>Money and work</b>- Strengths and interests; jobs in the community</p>	<p><b>Physical health and Mental wellbeing</b>- Keeping healthy; food and exercise, hygiene routines; sun safety</p> <p><b>Growing and Changing</b>- Recognising what makes them unique and special; feelings; managing when things go wrong</p> <p><b>Keeping safe</b>- How rules and age restrictions help us; keeping safe online</p>

**LKS2**

AUTUMN TERM <i>Relationships</i>	SPRING TERM <i>Living in the wider world</i>	SUMMER TERM <i>Health and Wellbeing</i>
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<p><b>Families and friendships-</b> What makes a family; features of family life</p> <p><b>Safe relationships-</b> Personal boundaries; safely responding to others; the impact of hurtful Behaviour</p> <p><b>Respecting ourselves and others-</b> Recognising respectful behaviour; the importance of self-respect; courtesy and being polite</p>	<p><b>Belonging to a Community-</b> The value of rules and laws; rights, freedoms and responsibilities</p> <p><b>Media literacy and digital resilience-</b> How the internet is used; assessing information online</p> <p><b>Money and work-</b> Different jobs and skills; job stereotypes; setting personal goals</p>	<p><b>Physical health and Mental wellbeing-</b> Health choices and habits; what affects feelings; expressing feelings</p> <p><b>Growing and Changing-</b> Personal strengths and achievements; managing and reframing setbacks</p> <p><b>Keeping safe-</b> Risks and hazards; safety in the local environment and unfamiliar places</p>
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**UKS2**

<b>AUTUMN TERM</b> Relationships	<b>SPRING TERM</b> Living in the wider world	<b>SUMMER TERM</b> Health and Wellbeing
<p><b>Families and friendships-</b> Managing friendships and peer influence</p> <p><b>Safe relationships-</b> Physical contact and feeling safe</p> <p><b>Respecting ourselves and others-</b> Responding respectfully to a wide range of people; recognising prejudice and discrimination</p>	<p><b>Belonging to a Community-</b> Protecting the environment; compassion towards others</p> <p><b>Media literacy and digital resilience-</b> How information online is targeted; different media types, their role and impact</p> <p><b>Money and work-</b> Identifying job interests and aspirations; what influences career choices; workplace stereotypes</p>	<p><b>Physical health and Mental wellbeing-</b> Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies</p> <p><b>Growing and Changing-</b> Personal identity; recognising individuality and different qualities; mental wellbeing</p> <p><b>Keeping safe-</b> Keeping safe in different situations, including responding in emergencies, first aid</p> <p><b>Year 5 only-</b> Physical and emotional changes in puberty; external genitalia; personal hygiene routines;</p> <p><b>Year 6 only -</b> human reproduction and birth; increasing independence; managing transition</p>

**2025/2026**

**EYFS**

<b>AUTUMN TERM</b>	<b>SPRING TERM</b>	<b>SUMMER TERM</b>
<p><b>Making relationships</b> Turn taking, communicating appropriately, identifying important people (friends/family)</p> <p><b>Managing self</b> Understanding of rules and following rules independently. Awareness of healthy and unhealthy.</p>	<p><b>Making relationships</b> Continues to develop a wider awareness of their own feelings, such as 'jealous', 'worried' and 'frightened'; Begin to understand their actions have a consequence</p> <p><b>Managing self</b> Developing a 'can do' attitude in line with the school's 'I can't do it yet' growth mind-set and Golden Goals of resilience.</p>	<p><b>Making relationships</b> Responds appropriately to a wider range of feelings; beings to regulate their own feelings; shows sensitivity to the needs of others</p> <p><b>Managing self</b> Confident to try new activities, shows independence and resilience, plays cooperatively with others, knows the importance of healthy food choices; manages basic personal hygiene</p>

**CYCLE B**

**KS1**

<b>AUTUMN TERM</b> Relationships	<b>SPRING TERM</b> Living in the wider world	<b>SUMMER TERM</b> Health and Wellbeing
<p><b>Families and friendships-</b> Making friends; feeling lonely and getting help</p> <p><b>Safe relationships-</b> Managing secrets; resisting pressure and getting help; recognising hurtful behaviour</p> <p><b>Respecting ourselves and others-</b> Recognising things in common and differences; playing and working cooperatively; sharing opinions</p>	<p><b>Belonging to a Community-</b> Belonging to a group; roles and responsibilities; being the same and different in the community</p> <p><b>Media literacy and digital resilience-</b> The internet in everyday life; online content and information</p> <p><b>Money and work-</b> What money is; needs and wants; looking after money</p>	<p><b>Physical health and Mental wellbeing-</b> Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help</p> <p><b>Growing and Changing-</b> Growing older; naming body parts; moving class or year</p> <p><b>Keeping safe-</b> Safety in different environments; risk and safety at home; emergencies</p>

**LKS2**

<b>AUTUMN TERM</b> Relationships	<b>SPRING TERM</b> Living in the wider world	<b>SUMMER TERM</b> Health and Wellbeing
<p><b>Families and friendships-</b> Positive friendships, including online</p> <p><b>Safe relationships-</b> Responding to hurtful behaviour; managing confidentiality; recognising risks online</p> <p><b>Respecting ourselves and others-</b> Respecting differences and similarities; discussing difference sensitively</p>	<p><b>Belonging to a Community-</b> What makes a community; shared responsibilities</p> <p><b>Media literacy and digital resilience-</b> How data is shared and used</p> <p><b>Money and work-</b> Making decisions about money; using and keeping money safe</p>	<p><b>Physical health and Mental wellbeing-</b> Maintaining a balanced lifestyle; oral hygiene and dental care</p> <p><b>Keeping safe-</b>Medicines and household products; drugs common to everyday life</p>

**UKS2**

<b>AUTUMN TERM</b> Relationships	<b>SPRING TERM</b> Living in the wider world	<b>SUMMER TERM</b> Health and Wellbeing
<p><b>Families and friendships-</b> Attraction to others; romantic relationships; civil partnership and marriage</p> <p><b>Safe relationships-</b> Recognising and managing pressure; consent in different situations</p> <p><b>Respecting ourselves and others-</b> Expressing opinions and respecting other points of view, including discussing</p>	<p><b>Belonging to a Community-</b> Valuing diversity; challenging discrimination and stereotypes</p> <p><b>Media literacy and digital resilience-</b> Evaluating media sources; sharing things online</p> <p><b>Money and work-</b> Influences and attitudes to money; money and financial risks</p>	<p><b>Physical health and Mental wellbeing-</b> What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online</p> <p><b>Growing and Changing-</b> Increasing independence; managing transition</p> <p><b>Keeping safe-</b> Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media</p> <p><b>Year 5 only-</b> Physical and emotional changes in puberty; external genitalia; personal hygiene routines;</p> <p><b>Year 6 only -</b> human reproduction and birth; increasing independence; managing transition</p>